

Mackay Elementary School



Grade Level: Kindergarten-6th Grade

Date: September 2011

Teacher with contact information: Mrs. Kimball

SUBJECT INFORMATION

Health and Physical Education

The purpose of our program is to provide quality elementary physical education to all students. This is done through various cooperation, team and skill building activities which focus on overall physical wellness. The curriculum includes the psychomotor, cognitive, affective and health related areas of fitness and health and is also aligned with Idaho State Standards and Benchmarks

COMMON CORE / STATE CONTENT STANDARDS/VOCABULARY OBJECTIVES

Mackay Elementary School purposes of Health Education for K-6th grade are defined below:

- **Alcohol, Tobacco & Other Drugs**

The use of alcohol, tobacco, and other drugs has major implications in the lifelong health of individuals. Implications include the effects, influences, and prevention of the use of alcohol, tobacco products, and other types of drugs on the body.

- **Nutrition & Physical Activity**

To be ready to learn and to achieve their fullest potential, children need to be well nourished and physically active. In order to enhance physical, mental, emotional, and social health, students need to acquire the knowledge and skills to make healthy food choices and engage in lifelong physical activity.

- **Injury Prevention & Safety**

Unintentional and intentional injuries rank among the greatest threats to the health of children and young adults. Knowledge about prevention through safe living habits, healthy decisions, violence prevention, emergency response and an understanding of the consequences of one's decisions will help to prevent many injuries.

- **Mental, Emotional & Social Health**

Mental, emotional and social well-being is a foundation for building good health which includes a sense of security, identity, belonging, purpose and competence in order to strive toward a healthy and productive life.

- **Prevention & Control of Disease**

Individuals can have a considerable measure of control over their own health and the chances of contracting most illnesses. Health-related choices and decisions regarding prevention of communicable and non-communicable diseases can include recognizing risk factors, identifying methods of contraction and transmission, as well as the prevention and treatment of disease. Information should be factual, medically accurate, objective, and developmentally appropriate.

- **Consumer & Community Health**

Consumers need to understand how health care services are provided as well as how individuals can take an active role in deciding on the use of health related services and products. Community health

may include recognizing appropriate health professionals and products.

- **Growth, Development & Family Life**

A healthy family unit is vital to the well-being and successful development of children and youth. Growth and development includes the stages of life, and changes in relationships with others that accompany social development and the aging process. Information should be factual, medically accurate, objective, and developmentally appropriate.

- **Environmental Health**

Individuals need to be aware of the impact of environmental issues and hazards on personal health. Environmental health may include precautions and behaviors to safeguard personal health, and practices that will reverse or slow down environmental pollution and related problems. (See Idaho Specific Content Standards on Health and Physical Education)

INSTRUCTIONAL MATERIALS

The Body Shop, Presidential Physical Fitness Guide, and, Kathy Schrock's **Guide for Educators - Health, PE, & Fitness**

UNITS WITH INSTRUCTIONAL DATES

- August/September...Introduction, Rules and Safety
 - Use of equipment, following game and activity direction, learning to work with a partner
- September/October...Movement Patterns and Spatial Awareness
 - Walking, Running, Hopping, Skipping, Galloping, Respecting others space
- October/November...Balancing, Jumping, and Landing
 - Horizontal and Vertical Jumping, Standing on one foot, Stability Pads, Scooter-boards, Balance Beams
- November/December...Throwing and Catching
 - Tossing and Catching to self, with a partner, off the wall, off a bounce
- December/January...Throwing, Catching and Relationships
 - Beanbags, Koosh Balls, Utility Balls, Scarves, Frisbees, Foam Balls
- January/February...Dribbling and Passing
 - Basketballs, Footballs, Soccer Balls, Volley Balls, Beach Balls
- February/March...Paddles, Racquets and Hand-Eye Coordination
 - Badminton, Scoop Ball, Volleying, Hand Ball
- March/April...Fitness Concepts
 - Heart Rate, Cardiovascular Fitness, Muscle Strength and Endurance, Flexibility
- April/May...Chasing, Fleeing and Dodging
 - Tag Games, Relay Race, Relay Games, Foam Dodge Ball

ASSESSMENTS / TESTS

Presidential Physical Fitness Challenge

GRADING PROCEDURES

Participation and Sportsmanship

CLASS RULES

When others TALK, we LISTEN
We show good SPORTSMANSHIP and ENCOURAGE one another

We RESPECT each other
We take CARE of OUR equipment
We ALWAYS try our BEST and LEARN

MISCELLANEOUS